

Summary

Carbohydrates are basically the sugars or polymers of sugars. These are the major sources of energy in human diet. Carbohydrate is very essential maintaining normal physiological functions. Excess carbohydrate is converted into glycogen which gets stored in liver and muscle. It is widely distributed in nature which can be consumed for obtaining ready energy. Deficient intake is known to cause malnutrition. On the other hand excess intake is associated with the occurrence of diabetes mellitus, obesity and certain forms of cancer. Hence it has to be consumed only in sufficient quantities to maintain long term health and well being as excess consumption is linked to the occurrence of life style related disorders.